

Austria Tourism x Inghams Walking: New Strava Challenge during National Walking Month

Are you ready to get moving? Austria Tourism has partnered up with Inghams Walking for a special [Strava challenge](#) during National Walking Month, showcasing four holiday regions in Tirol. The joint goal: To encourage as many people as possible to ditch their sofas and add some exercise to their daily schedule. While we challenge participants not to feel the physical and mental benefits that come with outdoor workouts, we're also keeping the motivation up by sharing some walking and hiking tips in the participating partner regions St. Anton am Arlberg, Paznaun-Ischgl, Innsbruck and St. Johann in Tirol. After all, walking and hiking are a national sport in Austria - and nobody knows this better than the people who live there.

Bonus: Everyone who walks, hikes or cycles 25 km in May and tracks their progress in the Strava appa can enter a draw for a chance to win a walking holiday for two in Tirol (competition open to UK-based participants only). [#TirolTrailsChallenge](#) [#WalkThisMay](#)

For inspiration, let us show you our top 3 walks and easy to moderate hikes in the Tyrolean partner regions.

St. Anton am Arlberg

St. Anton am Arlberg is a premium all-year-round outdoor resort combining alpine tradition with contemporary amenities and high-quality services. Walkers and hikers can look forward to 400 km of marked trails.

- The [Rosanna River Trail](#) (Rosannaweg) from St. Anton to Schnann is a scenic path along the river, surrounded by lush meadows and majestic mountain views. Easy and family-friendly, 10.4 km.
- The [Verwall Trail](#) (Verwallrunde) leads from the centre of St. Anton to the highlights of the Verwall Valley and around Lake Verwall. Easy and family-friendly, 10 km.
- The Arlberg region is known for its variety of flowers and the dedicated flower walks are a great way to enjoy them. One of the local favourites is the [Alpine Roses Trail](#) (Alpenrosenweg). Moderate, 18.3 km.

[More about walking and hiking in St. Anton am Arlberg](#)

Paznaun-Ischgl

Ischgl thrives on all things outdoor and awaits with more than 1,000 km of marked trails. After a day of outdoor adventures, walkers and hikers can relax in the resort's four- and five-star hotels and award-winning restaurants.

1/3

Österreich Werbung
UID ATU38158603

Vordere Zollamtsstraße 13
1030 Wien
Österreich | Austria

b2b austriatourism.com
b2c austria.info
Tel. +43 1 588 66-0

BIC GIBAATWWXXX
IBAN AT22 2011 1300 0103 8200
ZVR 075857630

- The [Silvretta Reservoir Circular Walk](#) unfolds along the dam, guiding hikers past the waterfall that plunges into Bieltalbach all the way to the southern banks of the lake. Easy, 6.4 km
- On the [Idalp & Walk of Lyrics](#), you'll discover Lake Schwarzwassersee, a serene fishing lake. Along the way, there are interactive spatial installations and two suspension bridges offering breathtaking views over Ischgl. Moderate, 11.4 km.
- Hike from the Kopstausee reservoir to the [Heilbronner Hut](#) past lakes and pastures. Stop for lunch, then take the same trail back. Easy to moderate, 12 km.

[More about walking and hiking in Ischgl](#)

Innsbruck

Tirol's capital offers the best of city break and walking and hiking holiday both in one with more than 260 trails just a short cable car ride away from the centre. Sightseeing options, traditional eateries and hip bars await after the descent.

- The [Stone Pine Trail Trail](#) (Zirbenweg) just above Innsbruck leads through one of Europe's largest stone pine forests. Get the Patscherkofelbahn cable car up to the starting point and enjoy views of the Inn Valley every step of the way. Easy, 7 km.
- Leading from Innsbruck to the Karwendel Nature Park, the [Goethe Trail](#) (Goetheweg) scores with stunning views of the city, the Inn Valley, the Wipp Valley and the Stubai Valley. The Arzler Alm mountain hut makes the perfect lunch stop. Moderate, 7 km.
- The [Three Lakes Circuit Kühtai](#) (Drei-Seen-Runde) passes two mountain lakes before reaching the Finstertal reservoir and the Drei Seen Hütte (Three Lake Hut). While it does have some steeper ascents, the views make up for it. Moderate, 7 km.

[More about walking and hiking in Innsbruck](#)

St. Johann in Tirol

St. Johann in Tirol is the perfect holiday destination for anyone looking for an authentic mountain getaway like back in the day. Many of its 200 km of trails are gentle hikes, perfect for beginners as well as guests with kids in tow.

- The [Bichlach Circuit Trail](#) (Bichlach-Runde) is a family-friendly hike starting and ending in Oberndorf. Expect stunning views of the Wilder Kaiser and Kitzbüheler Horn. Picnic spots and even a swimming lake along the way. Easy, 10.5 km.
- The [Eifersbacher Waterfall Hike](#) is perfect for hot days – it leads through woodlands and over bridges and jetties to an over 25 m high waterfall. The trail starts at St. Johann's main square and is family-approved. Easy to moderate, 8.3 km.

- While the most challenging of the three, the [Horn Summit Mountain Trail](#) (Horn-Gipfel-Höhenweg) is still manageable for everyone with an average fitness level, including children. Hikers will get to marvel at the Wilder Kaiser from different angles and, of course, get bonus endorphins for having made it to a summit. Moderate, 6.2 km.

[More about walking and hiking in St. Johann in Tirol](#)

Check out the Strava Challenge [here](#)